Ottawa metro

WEDNESDAY, MAY 10, 2017

Stop Dancing Around The Issue

Frequent and overwhelming urges to pee are not a normal part of aging.

Make an appointment with your doctor about treatment options, including a once-a-day oral medication that can help.

You're not dancing alone.

Even though overactive bladder (OAB) and incontinence affects about 3.5 million Canadians, many sufferers still feel uncomfortable bringing their symptoms to their doctor's attention.

OAB is not a normal part of getting older — and there are different management options and treatments available.

Symptoms include:

- a sudden, sometimes uncomfortable urge to urinate
- the frequent need to urinate (≥8 times a day)
- waking up at night one or more times to urinate
- accidental leakage of urine because of not reaching the toilet in time

Instead of ignoring your symptoms, make an appointment with your doctor about treatment options, including a once-a-day oral medication that can help.

Do I have overactive bladder?

During the past 4 weeks have you:

	Yes	No
Frequently needed the toilet during the daytime (8 or more times a day)?		
Suddenly needed the toilet with little or no warning and had difficulty waiting?		
Had accidental, uncontrolled leakage of small amounts of urine during the day or night?		
Woke up one or more times at night to go to the toilet?		
Avoided social, physical or intimate activities due to worrying about leakage problems?		
Planned your activities around access to bathrooms?		

If you answered 'Yes' to any of these questions you **may** have an overactive bladder.

RIVER RECEDES | **It may not look like it — or feel like it — but water levels in the region show signs of dropping** | **metro NEWS**

Ottawa metro

Your essential daily news | WEDNESDAY, MAY 10, 2017 | High 16°C/Low 4°C Mostly sunny

SEX SCANDAL

DISGRACED SENATOR RESIGNS

metroNEWS

ONE STEP CLOSER

Sens advance to Eastern Conference final for the first time since 2007 after beating the Rangers 4-2 in Game 6 — full game report, metroNEWS.ca

Senators' Mark Stone celebrates after scoring a goal on Tuesday in New York.
THE ASSOCIATED PRESS

INVESTIGATION

Trump fires FBI director amid Russian probe

metroNEWS

JESSICA ALLEN

It's a *wonder women* aren't basking in these superhero branding partnerships

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GIFT IDEA

Why whisky's working for Mom on Mother's Day

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metro NEWS
Your essential daily news

Canadian researchers discover new dinosaur species, name it after Zuul from Ghostbusters

Flooding raises questions over Ottawa's dam system

INFRASTRUCTURE

Mayor speaks with affected residents at info session

Alex Abdelwahab
Metro | Ottawa

The Carillon dam is seen on the Ottawa River in Carillon, Que., Monday with its water flowing to Montreal. THE CANADIAN PRESS

Mayor Jim Watson said he knows a lot of people have questions about the dam system and what it may mean for flooding victims.

He was speaking during the first information session for residents affected by the flood held in Ottawa Tuesday.

"We are obviously concerned about what any action downriver will have here in Ottawa and down further below," he said, explaining the city works closely with the Ottawa River Regulation Planning Board to monitor the river. "They're not going to do something that's going to do damage to our community and the communities below."

There are about 50 dams along the Ottawa River, all of which are co-ordinated by the Ottawa River Regulation Planning Board. It is made up of members of the governments of Canada, Quebec and Ontario, and has the stated goal of providing protection from flooding.

Multiple requests for comment from the board went unreturned Tuesday, but a message on its voicemail said: "Peak flood levels have been reached on all sections of the main stem of the Ottawa River…. No significant precipitation is expected over the next few days and no significant releases from upstream dams are planned."

Those releases upstream matter because the Ottawa River is part of a network of waterways that flow from Lake Ontario into the St Lawrence River. A 32-turbine dam near Cornwall, Ont., controls the outflow of water from Lake Ontario.

A joint-Canadian-U.S. board, known as the International Lake Ontario-St. Lawrence River Board, specifies the outflow released by that dam, the Moses-Saunders power dam.

"It controls the outflow from Lake Ontario, but nowhere do we control the water levels because that's all up to the rain and to the flow coming down from Lake Erie and all the rivers that join the system," said Gail Faveri, the Canadian secretary for the board.

She said, however, they can predict what the water levels will be in Lake Saint-Louis, at the end of the network, and they control the release from Lake Ontario to keep those levels within a certain range.

GOVERNMENT

Federal offices to reopen

Ryan Tumilty
Metro | Ottawa

As the waters begin to recede, government offices in Gatineau will reopen on Wednesday.

The federal government told workers on Monday and Tuesday to stay home if they travelled to Gatineau or over inter-provincial bridges because of the high water levels.

Municipal offices in Gatineau will also reopen on Wednesday.

Schools in the area will also re-open on Wednesday with the Western Quebec School Board announcing Tuesday that classes would return.

The Ottawa River has reached its peak according to the river regulation and planning board and is expected to slowly recede over the next week.

MUNICIPAL AFFAIRS

Photograph all damage: Adviser

Residents affected by flooding in Ottawa heard Tuesday that they should begin documenting everything, as long as it's safe to do so.

During the first of three flood information sessions held Tuesday, Stephen Seller, municipal adviser with the Ministry of Municipal Affairs, told residents to take photos of damage, keep receipts for out-of-pocket expenses incurred, and talk to their insurance companies to document what will and will not be covered.

They will need this information to access the province's Disaster Recovery Assistance for Ontarians program, he said.

"As long as the damage was not insurable, so not covered under insurance, so not a sewage backup, or something of that nature, then overland flooding or seepage would be largely the same," he said.

The provincial program helps victims of natural disasters by covering some of the cost of emergency expenses and repair costs. ALEX ABDELWAHAB/METRO

PROPERTY TAXES

Victims must 'focus on rebuilding'

Haley Ritchie
Metro | Ottawa

Mayor Jim Watson is proposing that flood victims be allowed to wait until the end of the year to pay their property taxes.

A statement released Tuesday said Cumberland Coun. Stephen Blais and Bay ward Coun. Mark Taylor will introduce a motion to city council that would allow affected residents to defer their payments until Dec. 7.

In a statement, Watson said the break will allow residents to "focus on rebuilding their lives and properties."

If the direction is approved on Wednesday, the deferral program will be created in the next month and come back to council for final approval.

Flood victims can make their requests online or by calling the CRA at 1-800-959-8281 for individual inquiries and at 1-800-959-5525 for business inquiries.

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Digital mockup of the planned mural at 261 Montreal Rd.
HALEY RITCHIE/METRO

STREET ART

Vanier to host new mural

The Vanier business improvement area is going big with its latest mural project.

Mique Michelle and Kalkidan Assefa are the two Ottawa artists behind the ambitious art piece, which will be painted on a wall at 261 Montreal Rd., and would be the largest mural in Ottawa.

The imagery — which incorporates animal figures (a seal, an Arctic char, and a whale) into an illustration of a woman with long colourful hair — is meant to be a tribute to Vanier's Inuit population.

"It's celebrating diversity but also celebrating and acknowledging the land we're on and making sure that we're aware of their history and our history," said Michelle, who lives in Vanier near the mural site.

Michelle said she's been eyeing the large outdoor wall for a project for almost a decade and had always wanted to collaborate with Assefa.

The mural is being unveiled on June 10 at a community event that will involve art, entertainment, food, drink and live music.

The mural is a collaboration between the Quartier Vanier BIA and the House of PainT Festival.
HALEY RITCHIE/METRO

NCC unveils its 50-year vision for future of city

URBAN DEVELOPMENT

Plans for Ottawa come after public consultation

Ryan Tumilty
Metro | Ottawa

The National Capital Commission's vision for Ottawa in the future includes a revamped 24 Sussex Drive, a national portrait gallery and botanical gardens, and a permanent centre to celebrate the Charter of Rights and Freedoms.

Whether the government will support any of those projects with the budget to make them happen, however, remains an open question.

The NCC unveiled its 50-year plan for the capital on Tuesday morning, which along with new monuments and museums calls for a greener capital with more park space and more trails in Gatineau Park.

NCC CEO Mark Kristmanson said the plan is meant to offer a blueprint for what Ottawa could look like down the road. He said the plan was developed with a lot of public consultation.

"It's the people's plan. It's what people felt were the priorities and I think it has that character," he said.

The plan is more specific than previous iterations, with 17 milestone projects they hope to accomplish over the next 50 years.

> It's the people's plan. It's what people felt were the priorities.
> Mark Kristmanson

Kristmanson said they believe the plan is possible and some of the work is already happening. "Obviously, the first big priority is already underway and that's the renewal of the parliamentary precinct."

Both the portrait gallery and the botanical gardens have been discussed before, but have not received significant funds. The gallery is one of several options the government is considering for 100 Wellington St., the former site of the U.S. Embassy, but no announcement has been made.

The NCC's decision to put the gallery in the plan has no influence on the decision over 100 Wellington, but Kristmanson said those making the decision should know Canadians support the idea.

"I think those discussing a possible portrait gallery could take courage from the fact that Canadians favoured it."

The government has yet to make any decision on what to do with 24 Sussex Drive, the prime minister's official residence.

Prime Minister Justin Trudeau and his family did not move into the official residence when he came to office to allow the possibility of a much-needed overhaul to the building.

Kristmanson said the 22,000 people across the country that they spoke with while developing this plan were clear that the building should be restored, modernized, and made accessible.

The National Capital Commission's vision for Ottawa's future includes redevelopment of both 24 Sussex Drive (l) and 100 Wellington St (r). TORSTAR NEWS SERVICE

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POLITICS TWO-DIMENSIONAL TRUDEAU The "stand-up guy", a cardboard cutout of Prime Minister Justin Trudeau, made for much merriment in the House of Commons during question period Tuesday as the Opposition Conservatives and the NDP seized on the chance to play the latest Liberal branding exercise for political points — and laughs. Anyone who has wondered how much money it would take to buy Justin Trudeau now has an answer. The cheapest life-size-but-lifeless version of the prime minister cost $63.24, according to documents released to the House of Commons this week that showed the government spent nearly $1,900 on cardboard Trudeau likenesses. The cutouts were originally meant for display at some Canadian missions abroad before their use was banned and they were placed in storage. THE CANADIAN PRESS/SEAN KILPATRICK

Inquest into jail suicide

COURT

Coroner to look into death of inmate with sex assault charges

Ryan Tumilty
Metro | Ottawa

A coroner's inquest will be held into the death of an inmate at the Ottawa Carleton Detention Centre last year.

Dr. David Eden, the regional coroner, announced Tuesday they would hold an inquest into the death of Yousef Mohammed Hussein.

Hussein is believed to have killed himself at the detention centre, where he was facing a lengthy wait for trial on multiple charges of sexual assault.

The Coroner's Act makes an inquest mandatory in these circumstances.

He was first arrested on the charges in May 2014, but was not expected to go to trial until May 2017 at the time of his death.

When he died at the jail, he was the second person to have died in as many weeks at the facility that has serious problems with overcrowding.

His lawyer also confirmed to Metro at the time that he had spent some of his time in the facility in solitary confinement and was frustrated by the lengthy delays in getting his case to trial.

2014

When Yousef Mohammed Hussein was first arrested. His apparent suicide happened in 2016.

The inquest will examine the events surrounding his death and a jury can make recommendations for similar cases.

No date has been set for the inquiry yet.

Meredith resigns amid scandal

POLITICS

Says Senate 'is more important than my moral failings'

In the end, disgraced Sen. Don Meredith jumped ship so he couldn't be forced to walk the plank.

Meredith, who has been under fire since 2015 for his sexual affair with a teenage girl, finally declared his intention to resign from the Senate on Tuesday — just one day before his colleagues were poised to kick him out in an unprecedented vote.

He deliberated up to the 11th hour, according to his lawyer, and ultimately decided to step down in the midst of the Senate's Tuesday session, which was his last chance to show up and speak for himself before his expulsion could go to a vote Wednesday.

"I am acutely aware that the upper chamber is more important than my moral failings," Meredith said in his written statement.

"This is a constitutional fight in which I will not engage."

Embattled Sen. Don Meredith resigned Tuesday afternoon, a week after a committee ruled that he should be kicked out of the senate for his sexual affair with a teenage girl. THE CANADIAN PRESS

Meredith's lawyer, Bill Trudell, confirmed to Torstar News Service that the statement — which did not include an explicit intention to step down — was indeed a resignation announcement. That ambiguity angered at least one senator.

"He didn't behave honourably; he didn't resign honourably," said Sen. Denise Batters, who added that his departure was long overdue.

"Good riddance," she said.

Later Tuesday, a spokesperson from the Governor General's office said they had received an email from Meredith about his intention to step down, though they were still waiting for an official letter from him that would indicate when the resignation will take effect.

Meredith was appointed by former Prime Minister Stephen Harper in 2010, and arrived at the Senate as a landscaper and Pentecostal pastor who espoused an interest in helping youth.

In 2015, Torstar News Service reported on a sexual affair that the married senator had over the previous two years with a teenage girl, who was between 16 and 18 during her relationship with Meredith. The report prompted an investigation by the Senate Ethics Officer, Lyse Ricard, as well as a police probe that concluded without laying any charges (the age of consent in Canada is 16, but goes up to 18 when there is a relationship of authority).

Ricard published the results of the investigation March 9, concluding that Meredith used his job in the senate to "lure" the girl into a sexual relationship. That prompted calls from parliamentarians of all stripes for Meredith to resign.

Last week, the Senate's five-member ethics committee unanimously ruled that Meredith should be expelled from the red chamber, setting up an unprecedented vote that could have taken place as early as Wednesday.

Among the Senate colleagues Meredith left behind, few voiced regret at his departure, and there was a palpable sense of relief that they had been spared taking a precedent-setting decision.

Asked whether he was happy to hear of Meredith's resignation, Sen. Don Plett replied, "absolutely."

"I've said from the get-go that I would like to see him resign so that we didn't need to deal with it," Plett told reporters.

TORSTAR NEWS SERVICE

CARBON TAX

Program to mimic Alberta

The federal government's plan to impose a carbon tax on provinces that don't do it themselves is expected to mimic the Alberta carbon program, including rebate payments sent directly to low- and middle-income individuals.

A source who has seen the plan says the technical paper outlining Ottawa's proposal will be released next week, seven months after Prime Minister Justin Trudeau told provinces they'd have until 2018 to implement a price on carbon or have Ottawa do it for them.

The Alberta model applies a tax on carbon generated by burning most transportation and heating fuels, except for those used on farms. It divides the tax revenue among income-based rebates to Albertans, a cut to the small business tax and investments in green infrastructure and renewable energy.

Trudeau and Environment Minister Catherine McKenna have always said any revenue from a carbon tax would remain in the province where it is raised.

THE CANADIAN PRESS

PROVINCE

Calorie clash: Freshii calls menu regulation 'overly simplistic'

A regulation requiring restaurants in Ontario to display calorie counts on menus is "overly simplistic," Freshii said Tuesday after inspectors were dispatched to ensure the company was complying.

The Toronto-based chain voiced opposition to the province's Healthy Menus Choices Act, which has been in effect since Jan. 1, but said it will comply upon threat of fines.

"We believe that displaying only calories on a menu is misleading for our guests," Freshii said in a statement.

Founded in Toronto in 2005, Freshii promotes itself as an alternative to its greasier fast-food competitors, selling salads, wraps and smoothies to appeal to a more health-conscious customer. Its motto is "Count nutrients, not calories."

The Health Ministry said Tuesday it would not budge from its stance, saying eating too many calories is a key contributor to weight gain and menu labelling can influence consumer behaviour.

The ministry said it will continue to seek compliance with the rules.

THE CANADIAN PRESS

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MEDITERRANEAN

Scores of asylum seekers believed dead

A woman, who asked to be identified as S.J., at a migrant processing centre in Pozzallo, Italy. THE ASSOCIATED PRESS

Two wrecks of migrant ships in the Mediterranean have claimed as many as 245 lives, including those of at least five children, according to survivor accounts given to UN agencies and authorities in Sicily, where dozens of rescued migrants were taken.

Survivors of one wreck, some of them hospitalized in Pozzallo, Sicily, where they were being treated for hypothermia and exhaustion, told authorities who interviewed them that their traffickers had crammed some 130-140 people, apparently all from central African countries, into a motorized rubber dinghy designed to hold at most 20 people.

The dinghy started deflating on one end, the passengers quickly shifted their positions in the boat, and the craft tipped over, authorities said, based on numerous survivors' descriptions.

The dinghy wasn't equipped with any distress signalling equipment. The 52 survivors clung for hours to the wreckage of the dinghy until they were spotted by a patrol plane and rescued by a Danish cargo ship, which was dispatched to their aid by the Italian Coast Gard.

One survivor was a Nigerian woman, whose five-month-old baby died. The infant's corpse was one of the few bodies so far recovered, authorities said.

The 22-year-old, from Benin City, in Nigeria, asked to be identified only by her initials, S.J.

In the end, she said, 82 people perished and 52 survived.

THE ASSOCIATED PRESS

Then-FBI Director James Comey pauses as he testifies on Capitol Hill in Washington last week before a Senate Judiciary Committee hearing. THE ASSOCIATED PRESS

Trump fires FBI director

POLITICS

Comey ousted amid probe into Russia's election meddling

U.S. President Donald Trump abruptly fired FBI Director James Comey Tuesday, ousting the nation's top law enforcement official in the midst of an investigation into whether Trump's campaign had ties to Russia's election meddling.

In a letter to Comey, Trump said the firing was necessary to restore "public trust and confidence" in the FBI. Comey has come under intense scrutiny in recent months for his role in an investigation into Democrat Hillary Clinton's email practices, including a pair of letters he sent to Congress on the matter in the closing days of last year's election.

Trump made no mention of Comey's role in the Clinton investigation. But the president did assert that Comey informed him "on three separate occasions that I am not under investigation."

Tuesday's stunning announcement came shortly after the FBI corrected a sentence in Comey's sworn testimony on Capitol Hill last week. Comey told lawmakers that Huma Abedin, a top aide to Hillary Clinton, had sent "hundreds and thousands" of emails to her husband's laptop, including some with classified information.

On Tuesday, the FBI said in a two-page letter to the Senate Judiciary Committee that only "a small number" of the thousands of emails found on the laptop had been forwarded there while most had simply been backed up from electronic devices. Most of the email chains on the laptop containing classified information were not the result of forwarding, the FBI said.

Comey, 56, was nominated by President Barack Obama for the FBI post in 2013 to a 10-year term. Praised for his independence and integrity, Comey has spent three decades in law enforcement and has been no stranger to controversy.

Before the past months' controversies, Comey was perhaps best known for a remarkable 2004 standoff with top officials in the George W. Bush administration over a federal domestic surveillance program.

THE ASSOCIATED PRESS

GLOBAL DIGEST

GERMANY

Another soldier arrested in alleged far-right plot

German authorities arrested a second soldier Tuesday on allegations he was part of a far-right plot to assassinate political figures and blame the attack on refugees in a case that has raised concerns about extremism within the military. Maximilian T., 27, was arrested on charges of preparing an act of violence. A judge ordered him held as the investigation continues into a case that authorities have called "more than strange." THE ASSOCIATED PRESS

CENTRAL AFRICAN REPUBLIC

Four UN peacekeepers killed in rebel ambush

A Christian rebel group in the Central African Republic ambushed a UN convoy sparking a firefight and kidnappings that left four peacekeepers dead, eight injured and one missing, the United Nations said Tuesday.

UN spokesman Stephane Dujarric said eight fighters from the anti-Balaka rebel group were also killed in the firefight on Monday night. In the initial ambush and firefight, one Cambodian peacekeeper was killed and seven Moroccans and one Cambodian were injured.

THE ASSOCIATED PRESS

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PHILOSOPHER CAT by Jason Logan

JESSICA ALLEN ON SUPERHERO BRANDING

Here are *five* Wonder Woman partnerships worth considering

Warner Bros. has joined forces with a nutrition bar called thinkThin to promote its upcoming Wonder Woman film. I know what you're thinking: Sure, the studio has had marketing tie-ins with other superheroes on the payroll — Batman got chocolate strawberry cereal — but aligning the greatest heroine with an absurdly-named diet snack is outrageous and sexist. Not for me. **This is the #thinspiration I need for bathing suit season.** I say this is a chance for brands to make some money while simultaneously empowering women to lose weight and also aid them in just being better at being women.

1 Invisible airline seats

Delta and United have recently received a lot of flak for overselling their seats. Even though every airline does it, here's their chance for redemption: market "invisible seats," like the kind you'd find on Wonder Woman's invisible jet. These seats exist only in your imagination. Instead of passengers being dragged off a flight or threatened with having their children taken away by social services, flight attendants can just point to their boarding pass and say, "You're a superhero, too."

2 Crystals

Superman's nemesis is the mineral Kryptonite. I say Wonder Woman should have a mineral — no, make that a crystal — but it makes her stronger and wards off negative energy because women and Spencer Pratt love crystals. Wear Wonder Woman's rose quartz, or maybe citrine, around your neck for health, wellness, and a clear head. Because you can't fight the patriarchy if you're thinking about what the hell you should cook for dinner. Don't forget to breathe.

3 Saving shoes

Wonder Woman is an Amazon. The ancient Greeks used to depict Amazon battles on everything from pottery to architectural friezes, like the one on the Temple of Athena Nike on the Athenian Acropolis. Nike, are you listening? I'm thinking knee-high, shock-resistant sneakers that absorb the emotional pain of the gender pay gap.

4 Waxing kit

Those are extremely short star-spangled shorts, Wonder Woman. Three words: "bikini waxing kit." One with no soothing after-lotions because no pain, no gain, as no woman has ever said after a wax but with Wonder Woman pictured on the box I bet it will sting less.

5 Wonderbread

This one is almost too easy because "Wonder" is literally in their name already: Wonder Bread. All they have to do is introduce a gluten-free loaf because last time I checked, superheroes, especially the handful of female ones, don't eat carbs.

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Diversity opportunity in public newspaper funds

Vicky Mochama
Metro | Toronto

If our institutions won't take diversity seriously, then it's fitting they be forced to if Ottawa gives them money.

Last week, the federal government issued an ultimatum to universities participating in the Canada Research Chairs program. Within the next three years, schools must meet diversity targets or face funding cuts.

Currently, universities underperform in awarding chairs to four designated groups: women, people with disabilities, Indigenous people and visible minorities.

Schools have made some progress. 2017 data shows universities met targets of 15 per cent and one per cent for visible minorities and Indigenous people, respectively.

But, as federal Science Minister Kirsty Duncan told the Globe and Mail: "It's been a decade, and there simply hasn't been enough progress."

Thus, the ultimatum.

It should work that way with newspapers too. Some publishers are asking the Canadian government to assist the industry with its struggles and others are suggesting Ottawa step up its print advertising budget.

This is an opportunity. The carrot-and-stick approach might work for more than one industry lacking diversity. Canada's print media could stand to feel some pressure.

If the federal government opts to assist the press, there should be strings attached – on diversity.

It's a truism that Canadian media is mostly white. But it's only axiomatic because the data is non-existent: the majority of print publications do not publish diversity data.

Unlike print media, the nation's broadcasters are bound by the Employment Equity Act. With varying degrees of transparency and consistency, they report their diversity efforts.

Print media has been hesitant to tackle diversity despite there being ample evidence of its benefits. It would not infringe the free speech of the press to join the rest of the nation's media in both making a profit and reflecting the nation it serves.

There are countless studies showing the value of diversity. A 2015 study from McKinsey, a global consulting firm, found gender-diverse companies are 15 per cent more likely to financially outperform their competitors. For ethnically diverse companies it's 35 per cent. There is a clear return on investment.

For the most part, it seems universities are welcoming Ottawa's demands. Self-regulation has only gotten them so far, and it's not far at all.

The academy and the press are valuable members of our society and democracy. While universities have made steps towards diversity, they can't do it alone.

The same is true for print media.

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metro LIFE

Your essential daily news

Shelley Niro, known for darkly ironic works like The Shirt, wins $50K Scotiabank Photography Award

Malts for mom: Time to close Whisky Gap

For whisky companies, Father's Day is Second Christmas. Sales teams position their fancy single malt or smooth blend as the must-have gift for dad. Meanwhile, mom gets a DustBuster. That's just not fair. It's time to close the Whisky Gap. Here are four reasons why whisky is better than a vacuum for Mother's Day gifting. TORSTAR NEWS SERVICE

Hold the girly drinks nonsense

Although the spirits and cocktail world is often divided into girly drinks and manly ones, there's no earthly reason for it. Men can metabolize more alcohol than women, not different types. There's no more alcohol in brown spirits than there is in vodka or gin. And a five-ounce glass of Pinot Grigio contains the same amount of alcohol as a one-ounce pour of liquor.
Gooderham & Worts is a tribute to the whisky once made at Toronto's legendary distillery, which was once the largest in the world.

Moms already spend on malts

Sales statistics suggest that more than a third of whisky consumers are women, maybe even two-fifths. So, there's a pretty decent chance that mom is already a part of the whisky-drinking demographic but has to buy her own, while dad gets bottles for free. That's just like being charged more for dry cleaning or haircuts.
Toki, from Japan's House of Suntory, is delicious goodness.

Every palate can be trained

Men and women have, essentially, the same physiological taste mechanisms. Most taste scientists agree that experience matters more than biology: if you can teach yourself to like bitter greens, you can learn to like just about anything.
Few Spirits all feature different images from the 1893 Chicago World's Fair.

Subverting the lazy sales pitches

Whisky for men and vodka martinis for women is totally arbitrary, like the way books at the airport are divided into shelves with pink covers decorated with cakes and shoes versus all the serious, hardcover black-and-gold business books. Whenever we have a chance to subvert that kind of nonsense, we should.
The Dalmore 12 is sweet deliciousness.

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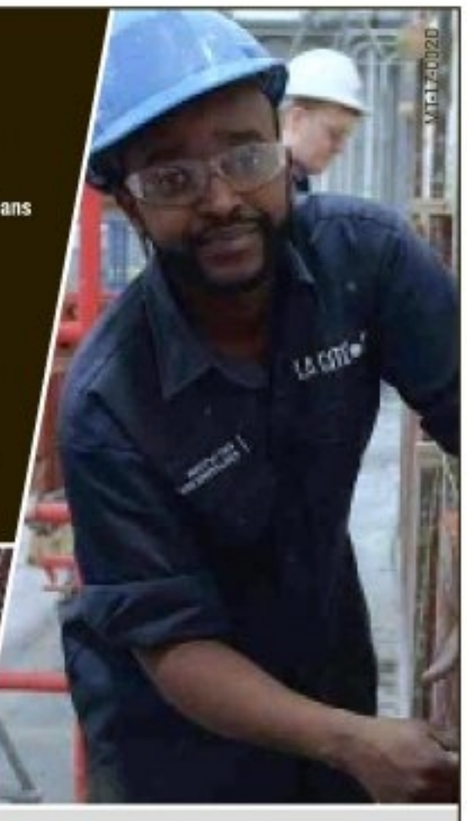

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metro WHEELS

Your essential daily news

Mariah Carey receives a Mayback from her manager as a belated birthday gift

CHECKLIST | 2018 TOYOTA C-HR

THE BASICS

Engine: 2.0-litre four-cylinder
Output: 144 horsepower, 139 pound-feet of torque
Transmission: Continuously-variable automatic
Fuel Economy (L/100 km): 8.7 city, 7.5 highway, 8.2 combined
Price: Starts at $24,690

LOVE IT

- Plenty of passenger space
- Driving dynamics
- Standard active safety features

LEAVE IT

- No all-wheel drive
- Tiny cargo compartment
- Few infotainment features

Quirky new subcompact crossover by Toyota

REVIEW

This CUV looks like a Scion, for good reason

Dan Ilika
AutoGuide.com

HANDOUT

It's hard to believe, considering the automaker practically pioneered the segment, that Toyota waited this long to introduce something smaller than its RAV4. More surprising still, the 2018 Toyota C-HR wasn't even planned as a Toyota and was supposed to hit the North American market bearing a Scion badge.

That the C-HR was initially intended to be Scion's first crossover is useful in explaining its looks. The C-HR's slight exterior proportions don't, however, result in a cramped cabin. The vast majority of space has been dedicated to the passenger area. However, the C-HR comes up short in the cargo compartment.

Underpinning the C-HR is a variation of the architecture that is shared by the likes of the current Prius and the upcoming redesigned Camry. With plenty of torsional rigidity and a low center of gravity, the C-HR features a taut chassis that is atypical of a crossover. Add in wheels that sit about as close to the corners as possible and actual steering feel and feedback, and the C-HR is a nimble package.

Considering how engaging and enjoyable the C-HR can be on a twisty road, the engine propelling the C-HR is an underwhelming one. Also somewhat disappointing is the crossover's official fuel economy ratings.

With only two trims available — XLE and XLE Premium — the subcompact crossover starts at $24,690 and comes with a great suite of standard safety features, including adaptive cruise control and autonomous emergency braking. Also along for the ride is a dual-zone automatic climate control system and backup camera, and a standard seven-inch touchscreen infotainment system. Smartphone interfacing systems Apple CarPlay and Android Auto aren't included just yet. The infotainment system also lacks satellite radio, though Bluetooth audio streaming is built in. The Premium trim brings the price to $26,290, and adds a few features, including 18-inch alloy wheels, blind spot monitoring and Smart Key with push-button start, to round out the Scion-esque trim walk.

Add it all up and the C-HR looks like a solid entry in a field that will become increasingly crowded in the coming years.

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metro SPORTS

The New Jersey Devils are on the verge of bringing back forward Ilya Kovalchuk, who spent the past four years playing in the KHL

Henderson in the swing of things in second year

LPGA

Canadian more comfortable, feels 'game is extremely close'

The results have not been coming quite as quickly for Brooke Henderson in her second year on the LPGA Tour.

Henderson has two top-10 finishes through 10 events this season — by no means a sophomore slump, but well behind her pace of eight top-10 results through nine events as a rising rookie last year. However, the confident 19-year-old from Smiths Falls, Ont., believes a breakout will happen soon.

"It's been a little disappointing, some of the results, but I feel like my game is extremely close," Henderson said Tuesday at an Ottawa-area charity golf tournament while making a rare visit home. "It's just one or two shots every week.

"I'm really excited about the upcoming tournaments and hopefully I can switch the momentum and finish near the top."

Henderson's best finish has been a tie for fourth at the HSBC Women's Champions in Singapore earlier this year. She finished tied for 14th at the ANA Inspiration, the first major on the LPGA Tour schedule in late March. She has her sights set on the other four majors on the calendar, including the KPMG Women's Championship, where she will be the defending champion.

She played the most out of anyone on the LPGA Tour last year and said she has been able to apply that learning. She admitted she will take two weeks off later this summer to make sure her "focus and mental strength is where it needs to be."

$2M

Henderson has already topped $2 million US in career earnings.

"Playing all the courses last year, this year I knew where to hit it. I knew where the good spots and the bad spots were, even in the hotels I felt more comfortable with the surroundings," she said. "Every golf course I see, everywhere I go and get to do 'more' it makes me feel better for this year, and for years to come."

She said she's particularly looking forward to the CP Canadian Women's Open in August at the Ottawa Hunt and Golf Club. Henderson was recently bestowed an honorary membership to that club, which last hosted the Women's Open in 2008.

She knows it will be a pressure-packed week.

"Almost every week I think about the Canadian Open in the back of my mind," she said. "When there are TV cameras or crowds around I think about how it's going to be at the Canadian Open and take every week as a stepping stone. I know it's going to be pressure filled.

"There are going to be a lot of expectations for sure, and I don't want to disappoint. I want to give them a good show."

But the pressure, she said, is something she's starting to relish.

"I do think there are a lot of expectations on me, but I love pressure and I think it's just what you make of it," she said.

THE CANADIAN PRESS

Brooke Henderson
THE CANADIAN PRESS

GOLF NOTES

- Retired Dallas Cowboys quarterback Tony Romo will have to dream another day about winning the U.S. Open. Romo shot a 3-over 75 in a local qualifier in Texas on Monday and missed advancing to the final stage of qualifying by six shots.
- The winner of this week's Players Championship earns $1,890,000. Arnold Palmer's career earnings on the PGA Tour were $1,861,857.
- Three years after the PGA Tour China Series started, it might not be played this year. The tour was supposed to begin its fourth season this month. Instead, the website says only that "information on the 2017 schedule is coming soon."

THE ASSOCIATED PRESS

2017 NHL PLAYOFFS
CONFERENCE SEMIFINALS

Spotter opts not to pull Crosby

A week after he was knocked out of a playoff game with a concussion, Pittsburgh star Sidney Crosby slid headfirst into the boards during another tense game against the Washington Capitals.

He did not come out of Game 6 on Monday night.

Deputy commissioner Bill Daly told The Associated Press in an email Tuesday that the league's centralized concussion spotter decided the play did not meet concussion protocol criteria that require mandatory removal from play. The protocol states a player must be removed if a spotter sees symptoms in a player who takes a blow to his head or upper torso from another player's shoulder, his head hitting the ice or from a punch to the head.

Sidney Crosby
GETTY IMAGES

Crosby slid into the boards exactly one week after he was knocked out of Game 3 by a blow the head from the Capitals' Matt Niskanen. He missed Game 4 with a concussion and returned for Game 5 on Saturday.

On Tuesday after practice, Crosby said he was checked by a doctor Monday night but did not go into concussion protocol.

"Any guy that goes into the boards like that, the first thing is the trainer and the doctors, that's how it goes," Crosby said. "What you're talking about is the difference between checking with a doctor and entering concussion protocol, they're two separate things."

THE ASSOCIATED PRESS

CHAMPIONS LEAGUE

Juventus gets past Monaco into final

Dani Alves inspired Juventus to a 2-1 win over Monaco on Tuesday to send the Italian club to its second Champions League final in three years.

Alves set up Mario Mandzukic's opener in the 33rd minute and got on the scoresheet himself on the stroke of halftime with a fantastic volley as Juventus swept to a 4-1 victory on aggregate.

Real Madrid and Atletico Madrid meet on Wednesday for the other second leg match, with defending champion Real Madrid leading 3-0.

THE ASSOCIATED PRESS

Dani Alves
VALERY HACHE/AFP/GETTY IMAGES

IN BRIEF

Advocaat counted on to lead Dutch to World Cup

Dick Advocaat was appointed Netherlands coach Tuesday with the tough task of leading the struggling team to next year's World Cup in Russia.

The Dutch national team is languishing in fourth place in Group A, six points behind leader France.

Only the group winner is guaranteed a place at the World Cup.

THE ASSOCIATED PRESS

PYEONGCHANG 2018

IIHF boss still eyes deal for NHL players

International Ice Hockey Federation president Rene Fasel is not giving up on the idea of NHL players participating in the 2018 Winter Olympics in South Korea.

"I'm a very positive person so I never give up," Fasel told a news conference Tuesday at the world hockey championship. "There is still some space, still some time where maybe we can convince (NHL commissioner) Gary Bettman."

Bettman said last month that he considers the matter "officially closed" after negotiations stalled between the NHL, the players' association and the International Olympic Committee.

"It's never too late," Fasel said.

Fasel's determination is fuelled by the belief that the Pyeongchang Games and the 2022 Games in Beijing represent an unparalleled opportunity to promote and grow the game in Asia. THE CANADIAN PRESS

PROTOCOL

The league added centralized spotters this season who have the authority to remove players if they see symptoms of a concussion, like the NFL.

MAKE IT TONIGHT

Classic Basil and Tomato Orzo Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Pack up this orzo salad for a picnic, weekday lunch or use it as a dinner side since it features the universally yummy flavors of garlic, lemon and sweet basil.

Ready in 25 minutes
Prep time: 15 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 2 cups cooked orzo
- 25 fresh basil leaves, various sizes
- 1 shallot, cut into quarters
- 1 clove garlic
- 3/4 cup olive oil
- zest and juice of one lemon
- 1 tsp honey
- pinch of salt
- 1 Tbsp water
- 1 cup halved cherry tomatoes
- 1 cup shaved Parmesan cheese
- 5 mint leaves, chopped

Directions

1. Cook orzo pasta according to package directions. Set aside.

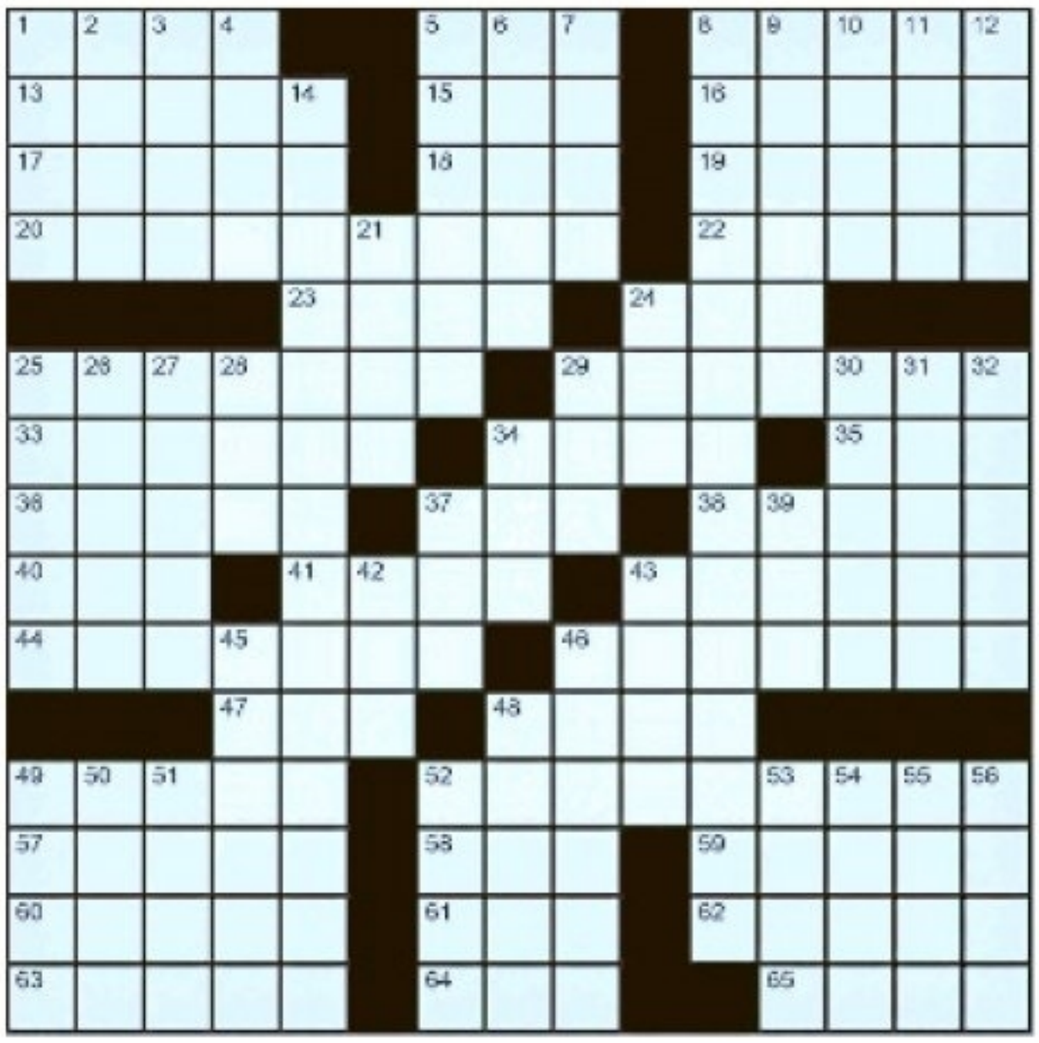
2. Place basil leaves, shallot, garlic, oil, lemon zest and juice, honey and salt in a blender (you can also use an immersion blender) with water and give it a whiz until blended.

3. Mix dressing into pasta. Stir in cherry tomatoes and Parmesan. Sprinkle with fresh chopped mint.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Agile
5. Residential bldg. unit
8. Glycolic, and others
13. Self-righteous
15. Cat breed, Egyptian _
16. Still getting forty winks: 2 wds.
17. Paperback's preamble, puny-ly
18. Bird's 'bill' in Boucherville
19. "Isn't _ _ bit much?" (Gone overboard, no?)
20. Terrifically tidy type: 2 wds.
22. Ms. Skye's
23. Conflicted
24. Blizzard eateries, for short
25. Medieval-looking entrance
29. 'A Poetic Town' in Saskatchewan
33. River Styx ferryman
34. Clarified butter
35. Prefix to 'phant' (Particular pachyderm)
36. Body
37. Mr. Leno
38. American actor Tony
40. "The _ Couple"
41. Glum
43. "You _ _ Well" by Rod Stewart
44. Flips a property
46. Bridget Jones's self-penned books
47. Clammy clay
48. The _ _ Baltimore (Off-Broadway play of 1973)
49. MC Hammer's signature look, _ pants
52. Central Alberta village
57. Outlying residential area
58. Carving or ceramics
59. Steal, archaically
60. Overhang
61. Hawaiian volcano, Mauna _
62. Brawn
63. Thicker, as tissue
64. Chang Bunker's equally famous twin
65. Fewer

DOWN
1. Rotate
2. Hardwood flooring choice
3. Oscar-winning composer Nino
4. Portable dwelling of Mongolia
5. Resin-like
6. Ancient praiseful hymn
7. _ a shirt in
8. Vintage furnishings sellers: 2 wds.
9. Kathie Lee, to Hoda
10. Pack _ _ (Cease work)
11. Italian actress, Eleonora _ (b.1858 - d.1924)
12. Luxury hotel offerings
14. Product in recent Canada-U.S. Trade headlines: 2 wds.
21. Reddish-brown
24. _-eyed
25. Thespian
26. Ocean State, with Island
27. Greeting _ (Hallmark products)
28. Segs. of time
29. George's Beatle characteristic
30. Montreal Metro station, _-Bourassa
31. E.C. Segar = _ Crisler Segar (Popeye creator, b.1894 - d.1938)
32. Irish poet W.B.
34. Doonesbury cartoonist Mr. Trudeau, to pals
37. Juice: French
39. Swiss river
42. _-fashioned
43. "I'm _ You" by Avril Lavigne
45. Come forth
46. Soldier's identification: 2 wds.
48. Ontario: Sarnia's lake
49. "How can I _ you?"
50. Eddie's "Beverly Hills Cop" (1984) role
51. 'America's Mayor' Mr. Giuliani
52. Robust, _ and hearty
53. Songsmith Mr. Sedaka
54. Denmark denizen
55. Mark Twain story, _ Diary
56. CBC's "The National" fare

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Issues regarding money, cash flow and earnings might come to a head today. Likewise, discussions about an inheritance or shared property also might be difficult. Fortunately, these matters will be resolved quickly.

Taurus April 21 - May 21
Today the only Full Moon that is opposite your sign all year is taking place. This will produce tension between you and partners and close friends. Have patience.

Gemini May 22 - June 21
Be patient with co-workers today, because everyone can feel the energy of today's Full Moon. This makes people overreact and be too emotional.

Cancer June 22 - July 23
Parents must be patient with their kids today if they want to avoid hissy fits and meltdowns. Likewise, romantic partners will have difficulty with each other. That's because this is a Full Moon day.

Leo July 24 - Aug. 23
Some Full Moons are easier than others. This is not one of them. You might feel pulled between the demands of home and family versus the demands of your career.

Virgo Aug. 24 - Sept. 23
Pay attention to what you say and do because this is an accident-prone day for you. An accident could be caused by your own emotional distractions.

Libra Sept. 24 - Oct. 23
Keep an eye on your money and your possessions today, because something might create problems for you. This is a Full Moon day. Forewarned is forearmed.

Scorpio Oct. 24 - Nov. 22
Today the only Full Moon in your sign all year is taking place. Quite likely, this will create stress between you and others. Stay chill.

Sagittarius Nov. 23 - Dec. 21
You might feel unhappy about something going on behind the scenes, but you feel you cannot speak out. This means you're doing a slow boil. This feeling will be gone in 24 hours. (Whew!)

Capricorn Dec. 22 - Jan. 20
Be tactful and diplomatic in order to avoid difficulties with friends and members of groups today. People are on edge because of the Full Moon energy.

Aquarius Jan. 21 - Feb. 19
Avoid arguments with bosses and parents today, especially female authority figures. This is a particularly challenging Full Moon for your sign.

Pisces
Feb. 20 - March 20
Be wise and avoid controversial subjects today — including politics, religion and racial issues — because people are emotionally upset and overheated today. It's a Full Moon, and it's a tough one.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	3			5			9	
		8						6
9			2					
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6		2			3		1	7

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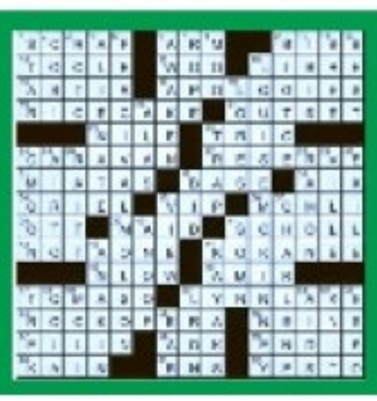
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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9	8	4	6	3	7	2	5	1
6	1	3	5	9	2	8	7	4
7	5	2	8	1	4	9	3	6

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OAB can impact your quality of life.

How OAB can affect your daily routine:

- **Reduced social activity**
- **Stress, frustration and anxiety**
- **Skin rashes and urinary tract infections**
- **Increased risk of falls and fractures** from rushing to the bathroom
- **Work-related issues** – OAB can negatively impact your productivity and comfort at work

You may feel embarrassed or alone, and tend to isolate yourself from your usual social activities – don't!

What are my treatment options?

A range of treatments are available and your doctor will determine if one is right for you.

- **Lifestyle changes**
  - liquid intake management
  - monitoring late-night fluid intake
  - keeping your path to the bathroom clear of barriers
  - maintaining a healthy weight
  - scheduled bathroom visits to avoid sudden and urgent situations
- **Special exercises**
  - pelvic muscle training (kegel exercises)
  - bladder retraining
- **Medications that aid bladder relaxation** (urine storage) **or bladder contractions** (urine excretion)
- **In severe cases:**
  - biofeedback therapy (via implanted device)
  - surgery
  - neuromodulation

No more dancing around the issue.

Make an appointment with your doctor about treatment options, including a once-a-day oral medication that can help.

Are you ready to talk to your doctor about overactive bladder?

Make an appointment with your doctor about treatment options, including a once-a-day oral medication that can help.

Brought to you by a member of Innovative Medicines Canada.

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